



Edward Lewellen

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Christpression

December 15, 2016 • 2 Likes • 6 Comments

"It's the most wonderful time of the year!" touts one song of the Christmas season. Yes, for many it is. However, did you know that the Christmas season is also has one of the highest rates of depression of the year? Christmas + Depression = Christpression, a new term I just coined. How can this "most wonderful time of the year also be one filled with people feeling depressed?

Some psychologists blame it on the following reasons:

- Over-commercialization with the focus on gifts and the "perfect" Christmas
- Some engage in excessive self-reflection and begin to feel inadequate in life
- Comparisons are made as to gifts, celebrations, etc. as to who has the best, which results in some feeling like a "victim"

2 Likes
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ectations are set and some

- Others feel the loss of a loved one, a divorce, the loss of a job, etc. more strongly at this time

What can you do for yourself and others if you are among those feeling Christpression?

- If the feeling lasts more than a day or two, seek help. Interestingly, there are techniques that turn the very things that were causing the depression to become reasons for becoming happy. Feel free to ask how that can be done.
- Set boundaries and expectations for money being spent, gifts given, and social gatherings attended
- Celebrate Christmas in a way that makes you feel satisfied and fulfilled, not according to advertisers wishes and social norms. What's most important is that it's meaningful to you.
- Have a giving spirit. When we go outside of ourselves and help others through volunteering or supporting others in some way, then we spend less time focused on ourselves and any perceived lack.

These are just a few simple steps that I hope you find helpful so that more than just Christmas time is the most wonderful time of the year, but the most wonderful time can be anytime of the year!

Change you thoughts. Change your life...quickly!

Please feel free to comment and share this post!

+++++About Dr. Edward Lewellen+++++

Dr. Edward Lewellen an expert in creating methodologies for people to learn to use their mind; their beliefs, thoughts, and behaviors, and put them back in control of their lives and become top-producers. He is a Master Executive Coach, leadership and sales expert, and keynote speaker for some of the largest global organizations.

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Written by

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6 comments

Leave your thoughts here...



justine goody

associate staff, in school at I E S Breckland

... 1y

thank you! I suffer from borderline personality disorder, I don't want to be cleaning forever in a job, fear stops me. comfort keeps me. I know I have the tools ! I don't listen to instinct! my brain is always being sidetracked!

Like Reply



justine goody

associate staff, in school at I E S Breckland

... 1y

may I ask please,how do you remove mental malware ? what happens if you have a chemical in balance in your brain, tried every medication,had CBT ,EST,the list goes on! Edward Lewellen I'm seriously struggling here !

Like Reply | 1 Like · 1 Reply



Edward Lewellen

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... 1y

Justine,

First, let me say that I'm not a medical doctor and do not diagnose or prescribe. What I have found is that most brain (chemical) imbalances are stress-induced. For example, people with Post Traumatic Stress Disorder have been found to be deficient in gamma-Aminobutyric acid (GABA) which inhibits synapse from firing too often and too intensely. When I help cli... **See more**

Like Reply | 1 Like



Eugene Grace

Chief Administrative Officer at Crederian Fund Services...

... 1y

Isn't this really a case of end of year schattenfreunde as the Germans would say. It is a sense of inadequacy and jealousy of others brought about by an introspective personal end-of-year review. When I saw the word, I thought it was a reference to some form of Christian oppression. In graduate school, the attempt was always to coin some catch-phrase to give your thesis... **See more**

Like Reply | 1 Like



☆Veronica Sites☆

Crisis Intervention Specialist / Traumatologist

... 1y

Ed, you're always One to coin a phrase . Respectfully, I would have preferred to see it say "Depressemas" rather than to bring the name of Christ down.

I know that you know my heart, other than that, it's a good article. Seasonal affective disorder is a serious problem.

Like Reply | 2 Likes



Edward Lewellen

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... 1y

What's sad, Tom, is that every person who feels depressed has a strategy for creating it and it's all unconscious. For example, they see, hear, or think of something, which causes them to feel a certain way, which causes them to become depressed. That's very simplified, of course. Still, once I know their strategy, I can help them shift their thinking so they no longer bec... **See more**

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